

B	I	N	G	O
Time Manage	Do yoga	Hobbies	Sing	Play a Game
Guided Imagery	Talk with Friends	Random Act of Kindness	Draw	Set a Goal
Take a Walk	Use a Stress Ball	FREE	Enjoy Nature	Make a Music Playlist
Meditate	Take 10 Deep Breaths	Paint	Laugh	Play a Sport
Journal	Good Night Sleep	Read a Book	Watch a Funny Movie	Healthy Diet

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Use a Stress Ball	Draw	Sing	Guided Imagery	Random Act of Kindness
Hobbies	Watch a Funny Movie	Play a Game	Good Night Sleep	Set a Goal
Meditate	Enjoy Nature	FREE	Make a Music Playlist	Do yoga
Laugh	Read a Book	Time Manage	Healthy Diet	Take 10 Deep Breaths
Paint	Play a Sport	Take a Walk	Talk with Friends	Journal

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Take a Walk	Healthy Diet	FREE	Take 10 Deep Breaths	Laugh
Use a Stress Ball	Set a Goal	Sing	Watch a Funny Movie	Hobbies
Make a Music Playlist	Do yoga	Random Act of Kindness	Guided Imagery	Journal